Dear Doctor

Patient Name: ………………………………. Height ……… Centile ………..

 Weight……. Centile …….

Paediatric Consultant: ……………………………..

Your patient has been seen in the paediatric department and diagnosed with Henoch Schonlein Purpura (HSP). As you know this is a multi system disorder that can affect skin, joints, GI tract and kidneys, and rarely CNS or pulmonary systems. It is generally a self limiting condition although relapses can occur. The main long term complication is renal involvement. There is some degree of renal involvement in 40 – 60 % of patients, but this is not always apparent at diagnosis and can develop after weeks or months.

**Extra Renal complications**

These are generally self limiting although serious acute complications can occur e.g. in GI tract. Joint inflammation can generally be managed with simple analgesia (we would avoid regular use of NSAIDs especially if there is renal involvement). Your patient has been given open access to the paediatric wards for severe rash, joint pain or abdominal symptoms. PPlease contact the on call paediatric team for advice.

**Renal complications**

Your patient has been shown how to read urinary dipsticks. They have been asked to seek advice if there is **significant proteinuria** or **macroscopic haematuria**, when they should be seen by a paediatrician. If they remain relatively well please can they be followed up as below:

Weeks 1-4 following diagnosis – parents to do weekly early morning urine (EMU) dipstick.

After 1 month – monthly GP review with EMU dipstick and blood pressure

6 months – Child should have an appointment in paediatric outpatients to review and decide on need for further follow up.

**Microscopic Haematuria** is very common. Please ensure normal BP when first occurs, otherwise monitor

**Proteinuria –** trace or 1+, continue to monitor. If 2+ please repeat following day (EMU) and refer to paediatrics urgently if persistent. An EMU sample for protein / creatinine ratio is very useful to quantify proteinuria.

**Blood Pressure –** please see over. If systolic > 90% percentile continue to monitor. If > 95% inform consultant.

Please do contact named consultant with any concerns

Kind Regards

**Upper BP centiles, according to gender age and height**

**4th report on the Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children and Adolescents 1996, revised 2004**

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| **Age** | **BP Percentile** | **Systolic BP, mm Hg** |
| **Boys - Height Centile** |  | **Girls - Height Centile** |
| **5th** | **10th** | **25th** | **50th** | **75th** | **90th** | **95th** |  | **5th** | **10th** | **25th** | **50th** | **75th** | **90th** | **95th** |
| **1** | 90th | 94 | 95 | 97 | 99 | 100 | 102 | 103 |  | 97 | 97 | 98 | 100 | 101 | 102 | 103 |
| 95th | 98 | 99 | 101 | 103 | 104 | 106 | 106 | 100 | 101 | 102 | 104 | 105 | 106 | 107 |
| 99th | 105 | 106 | 108 | 110 | 112 | 113 | 114 | 108 | 108 | 109 | 111 | 112 | 113 | 114 |
| **2** | 90th | 97 | 99 | 100 | 102 | 104 | 105 | 106 |  | 98 | 99 | 100 | 101 | 103 | 104 | 105 |
| 95th | 101 | 102 | 104 | 106 | 108 | 109 | 110 | 102 | 103 | 104 | 105 | 107 | 108 | 109 |
| 99th | 109 | 110 | 111 | 113 | 115 | 117 | 117 | 109 | 110 | 111 | 112 | 114 | 115 | 116 |
| **3** | 90th | 100 | 101 | 103 | 105 | 107 | 108 | 109 |  | 100 | 100 | 102 | 103 | 104 | 106 | 106 |
| 95th | 104 | 105 | 107 | 109 | 110 | 112 | 113 | 104 | 104 | 105 | 107 | 108 | 109 | 110 |
| 99th | 111 | 112 | 114 | 116 | 118 | 119 | 120 | 111 | 111 | 113 | 114 | 115 | 116 | 117 |
| **4** | 90th | 102 | 103 | 105 | 107 | 109 | 110 | 111 |  | 101 | 102 | 103 | 104 | 106 | 107 | 108 |
| 95th | 106 | 107 | 109 | 111 | 112 | 114 | 115 | 105 | 106 | 107 | 108 | 110 | 111 | 112 |
| 99th | 113 | 114 | 116 | 118 | 120 | 121 | 122 | 112 | 113 | 114 | 115 | 117 | 118 | 119 |
| **5** | 90th | 104 | 105 | 106 | 108 | 110 | 111 | 112 |  | 103 | 103 | 105 | 106 | 107 | 109 | 109 |
| 95th | 108 | 109 | 110 | 112 | 114 | 115 | 116 | 107 | 107 | 108 | 110 | 111 | 112 | 113 |
| 99th | 115 | 116 | 118 | 120 | 121 | 123 | 123 | 114 | 114 | 116 | 117 | 118 | 120 | 120 |
| **6** | 90th | 105 | 106 | 108 | 110 | 111 | 113 | 113 |  | 104 | 105 | 106 | 108 | 109 | 110 | 111 |
| 95th | 109 | 110 | 112 | 114 | 115 | 117 | 117 | 108 | 109 | 110 | 111 | 113 | 114 | 115 |
| 99th | 116 | 117 | 119 | 121 | 123 | 124 | 125 | 115 | 116 | 117 | 119 | 120 | 121 | 122 |
| **7** | 90th | 106 | 107 | 109 | 111 | 113 | 114 | 115 |  | 106 | 107 | 108 | 109 | 111 | 112 | 113 |
| 95th | 110 | 111 | 113 | 115 | 117 | 118 | 119 | 110 | 111 | 112 | 113 | 115 | 116 | 116 |
| 99th | 117 | 118 | 120 | 122 | 124 | 125 | 126 | 117 | 118 | 119 | 120 | 122 | 123 | 124 |
| **8** | 90th | 107 | 109 | 110 | 112 | 114 | 115 | 116 |  | 108 | 109 | 110 | 111 | 113 | 114 | 114 |
| 95th | 111 | 112 | 114 | 116 | 118 | 119 | 120 | 112 | 112 | 114 | 115 | 116 | 118 | 118 |
| 99th | 119 | 120 | 122 | 123 | 125 | 127 | 127 | 119 | 120 | 121 | 122 | 123 | 125 | 125 |
| **9** | 90th | 109 | 110 | 112 | 114 | 115 | 117 | 118 |  | 110 | 110 | 112 | 113 | 114 | 116 | 116 |
| 95th | 113 | 114 | 116 | 118 | 119 | 121 | 121 | 114 | 114 | 115 | 117 | 118 | 119 | 120 |
| 99th | 120 | 121 | 123 | 125 | 127 | 128 | 129 | 121 | 121 | 123 | 124 | 125 | 127 | 127 |
| **10** | 90th | 111 | 112 | 114 | 115 | 117 | 119 | 119 |  | 112 | 112 | 114 | 115 | 116 | 118 | 118 |
| 95th | 115 | 116 | 117 | 119 | 121 | 122 | 123 | 116 | 116 | 117 | 119 | 120 | 121 | 122 |
| 99th | 122 | 123 | 125 | 127 | 128 | 130 | 130 | 123 | 123 | 125 | 126 | 127 | 129 | 129 |
| **11** | 90th | 113 | 114 | 115 | 117 | 119 | 120 | 121 |  | 114 | 114 | 116 | 117 | 118 | 119 | 120 |
| 95th | 117 | 118 | 119 | 121 | 123 | 124 | 125 | 118 | 118 | 119 | 121 | 122 | 123 | 124 |
| 99th | 124 | 125 | 127 | 129 | 130 | 132 | 132 | 125 | 125 | 126 | 128 | 129 | 130 | 131 |
| **12** | 90th | 115 | 116 | 118 | 120 | 121 | 123 | 123 |  | 116 | 116 | 117 | 119 | 120 | 121 | 122 |
| 95th | 119 | 120 | 122 | 123 | 125 | 127 | 127 | 119 | 120 | 121 | 123 | 124 | 125 | 126 |
| 99th | 126 | 127 | 129 | 131 | 133 | 134 | 135 | 127 | 127 | 128 | 130 | 131 | 132 | 133 |
| **13** | 90th | 117 | 118 | 120 | 122 | 124 | 125 | 126 |  | 117 | 118 | 119 | 121 | 122 | 123 | 124 |
| 95th | 121 | 122 | 124 | 126 | 128 | 129 | 130 | 121 | 122 | 123 | 124 | 126 | 127 | 128 |
| 99th | 128 | 130 | 131 | 133 | 135 | 136 | 137 | 128 | 129 | 130 | 132 | 133 | 134 | 135 |
| **14** | 90th | 120 | 121 | 123 | 125 | 126 | 128 | 128 |  | 119 | 120 | 121 | 122 | 124 | 125 | 125 |
| 95th | 124 | 125 | 127 | 128 | 130 | 132 | 132 | 123 | 123 | 125 | 126 | 127 | 129 | 129 |
| 99th | 131 | 132 | 134 | 136 | 138 | 139 | 140 | 130 | 131 | 132 | 133 | 135 | 136 | 136 |
| **15** | 90th | 122 | 124 | 125 | 127 | 129 | 130 | 131 |  | 120 | 121 | 122 | 123 | 125 | 126 | 127 |
| 95th | 126 | 127 | 129 | 131 | 133 | 134 | 135 | 124 | 125 | 126 | 127 | 129 | 130 | 131 |
| 99th | 134 | 135 | 136 | 138 | 140 | 142 | 142 | 131 | 132 | 133 | 134 | 136 | 137 | 138 |
| **16** | 90th | 125 | 126 | 128 | 130 | 131 | 133 | 134 |  | 121 | 122 | 123 | 124 | 126 | 127 | 128 |
| 95th | 129 | 130 | 132 | 134 | 135 | 137 | 137 | 125 | 126 | 127 | 128 | 130 | 131 | 132 |
| 99th | 136 | 137 | 139 | 141 | 143 | 144 | 145 | 132 | 133 | 134 | 135 | 137 | 138 | 139 |
| **17** | 90th | 127 | 128 | 130 | 132 | 134 | 135 | 136 |  | 122 | 122 | 123 | 125 | 126 | 127 | 128 |
| 95th | 131 | 132 | 134 | 136 | 138 | 139 | 140 | 125 | 126 | 127 | 129 | 130 | 131 | 132 |
| 99th | 139 | 140 | 141 | 143 | 145 | 146 | 147 | 133 | 133 | 134 | 136 | 137 | 138 | 139 |

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**For example a 1 year old boy who’s height is on the 75th centile and systolic BP is 108. This is between the 95-99th centile if correctly measured.**